

# Jenkintown School District Breakfast Menu

# January 2026



**Meet Your Nutritious Friend:**  
**Brown Rice Besties**

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5	6	7	8	9
WG Funfetti Pancakes  or Cereal Bar with Graham Crackers	Blueberry Muffin  or Cereal Bar with Graham Crackers	Tony's Breakfast Bagel  or Cereal Bar with Graham Crackers	French Toast  or Cereal Bar with Graham Crackers	Apple Muffin  or Cereal Bar with Graham Crackers
12	13	14	15	16
Mini Cinni Rolls  or Cereal Bar with Graham Crackers	Bagel Egg, & Cheese Sandwich  or Cereal Bar with Graham Crackers	Blueberry Bread  or Cereal Bar with Graham Crackers	French Toast  or Cereal Bar with Graham Crackers	Banana Muffin  or Cereal Bar with Graham Crackers
19	20	21	22	23
<b>NO SCHOOL</b>	Cherry Frudel  or Cereal Bar with Graham Crackers	Whole Grain Donuts  or Cereal Bar with Graham Crackers	WG Eggo Waffles  or Cereal Bar with Graham Crackers	Pumpkin Bread  or Cereal Bar with Graham Crackers
26	27	28	29	30
Apple Frudel  or Cereal Bar with Graham Crackers	Breakfast on a Stick (Pancake/Turkey Sausage)  or Cereal Bar with Graham Crackers	Chocolate Chip Muffin  or Cereal Bar with Graham Crackers	WG Eggo Pancakes  or Cereal Bar with Graham Crackers	Reduced Sugar Cereal Bowl Selection  or Cereal Bar with Graham Crackers

## What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

## Whole Grain Cereal Bars

**Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors**

## Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

## Choice of Milk

1% white or fat-free chocolate

**All Offered Breakfast Items meet USDA Child Nutrition Program's criteria for Grain and Whole Grain-Rich meals.**

**All items are free from artificial flavors, colors and high fructose corn syrup.**

**Name Brand items are formulated for K-12 Schools, and have nutritional values that differ from their store bought counterparts.**

**Reduced Sugar, Reduced Fat. Healthy Start!**

## Metz Culinary at Jenkintown

Chris Talmadge, General Manager

[Chris.Talmadge@metzcorp.com](mailto:Chris.Talmadge@metzcorp.com)

## Meal Prices

Student Breakfast FREE

Reduced Breakfast FREE

Faculty Breakfast \$2.85



*Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.*